

# Anger Management



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"Anger is never  
without a reason,  
but seldom with a  
good one"

Benjamin Franklin

# Hostility and Anger Effects Health

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- Coronary heart disease
- High blood pressure
- More likely to die!
- Psychological problems



# To Stay Distressed and Mad....

- Throw a Tantrum
- Pout and sulk
- Blame others
- Seek revenge



Holding onto anger is  
like grasping a hot  
coal with the intent  
of throwing it at  
someone else- you  
are the one who gets  
burned.

Buddha

You can change  
your own  
anger!

Put them away...

Anger, wrath, malice,  
slander and foul talk from  
your mouth

Colossians 3:8

# Anger Control Strategies

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- Reduce cynical thoughts
- Reduce angry feelings
- Reduce aggressive behaviors





# How to improve anger control skills

- Identify feelings and thoughts
- Evaluate negative thoughts, negative feelings and options
- Communicate better
- Empathize with others

# **Improving Anger Management Skills**

**➤ Practice, Practice Practice!**

# Chill Skills

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Deflection strategies

Distraction strategies



# Deflection Skills

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- Reason with yourself
- Tell yourself "Stop"
- Use Relaxation Skills

Have patience with  
all things, but mostly  
with yourself

St. Francis de Sales

# Distraction Skills

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- Daydreaming
- Positive fantasizing
- Time outs & Time outs

When angry, count to ten  
before you speak.

If very angry, count to  
a hundred"

Thomas Jefferson

# Key Questions

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1. Is the matter important to me?
2. Is what I'm thinking and feeling appropriate?
3. Is the situation modifiable?
4. Is taking action worth it?



# Anger Reduction Skills

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- Problem Solving
- Practice Acceptance

# Anger Reduction Skills

- Communicate appropriately
  - Listen...
  - Talk
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- Emphasize the positive!

Let everyone be  
quick to listen,  
slow to speak,  
slow to anger.

James 1:19

# Anger Management:

Damage  
control  
or  
prevention?

# For Additional Information

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## Anger Kills, 1993.

Dr Redford Williams and  
Dr Virginia Williams.

## Lifeskills, 1997.

Dr Virginia Williams and  
Dr Redford Williams.

